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ABSTRACT

This book shows teachers how to empower themselves to face the challenges of teaching, avoid burnout, and maintain their enthusiasm for the profession. Based on common characteristics of many high-performing teachers, each chapter explores one of these attributes and shows how each of these can be learned or acquired. The chapters are illustrated with examples of how real teachers in actual situation have successfully learned these skills and applied them. High-performing teachers: (1) have mission and a knowledge of exactly what they want to accomplish every day in the classroom; (2) have positive beliefs in their ability to work successfully with students and to make a difference in their lives; (3) recognize that the choices they make have an impact on their success; (4) have well-developed problem-solving skills that empower them to create and implement plans for overcoming challenges; (5) have skills to build positive relationships with students of all types; (6) have skills to build positive relationships with parents; (7) maintain a positive attitude; (8) understand the necessity of a support network and seek out friends and colleagues who are positive and proactive; and (9) have learned how to plan their time and effort to make the best use of their skills and resources. (JB)

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